

#### ABSTRACT OF THE DISCLOSURE

An ink-jet recording method is provided in which if high-speed photographic printing is executed with the color interval being 200 msec or less, a high-definition image can be obtained without blots or a mixture of colors.

In the ink-jet recording method, recording is executed by discharging inks of a plurality of colors from a discharge opening as droplets of ink to be attached onto a recording material, wherein in the case where the interval between a discharge of an ink of a first color and a discharge of an ink of a second color is 200 msec or less, inks whose surface tension is 25 to 45mN/m at 23°C are used for the above-described inks of each color.